Epsom
Guardian

February 2, 2017

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Dream draw for Sutton as they get big guns

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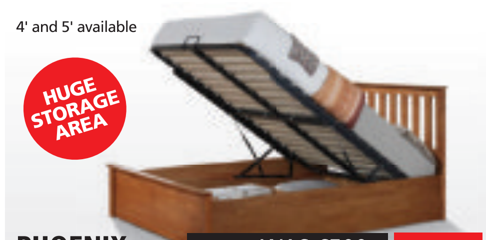

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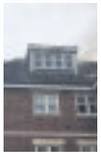
COMPETITION
WIN TICKETS TO SEE CIRCUS See page 6

JIMMY WHITE
FIRE AT SNOOKER LEGEND'S FLAT See page 5



DOUBLE BLOW
SECOND THEFT AT WILDLIFE CENTRE IN WEEKS See page 4

Epsom Guardian

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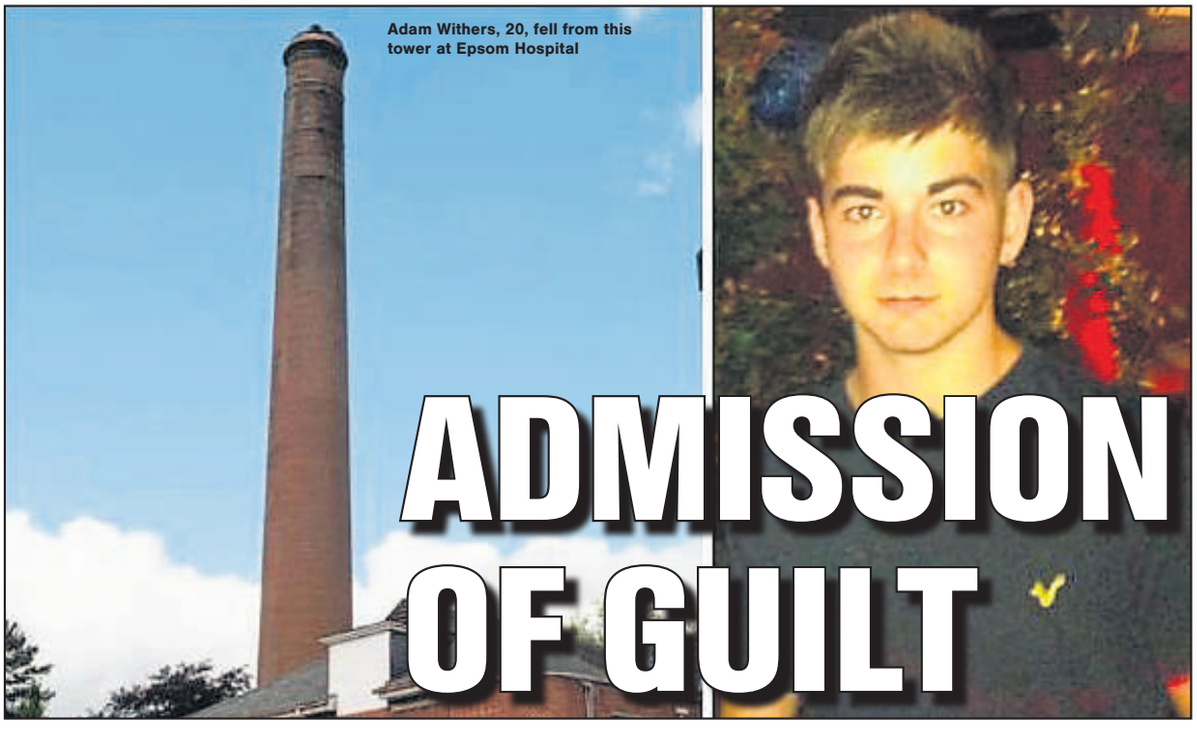

Adam Withers, 20, fell from this tower at Epsom Hospital

ADMISSION OF GUILT

Trust admits health and safety charge after patient fell from chimney

REPORTER
CRAIG RICHARD/BEN WEICH
craig.richard@london.newsquest.co.uk

A MENTAL health trust has admitted a serious health and safety charge after a patient fell to his death from a hospital chimney tower.

A representative from Surrey and Borders Partnership NHS Foundation Trust (SABP) admitted one charge of an employer breaching their general duty to another at Guildford Crown Court on Friday, January 27.

The Trust will be sentenced in June. The charge related to the death of Adam Withers, who died after falling from a chimney at Epsom Hospital on May 9, 2014.

The 20-year-old from Orchard Gardens, Epsom, had been diagnosed with acute and transient psychosis in April 2014.

He had climbed on to a conservatory roof and up a ladder attached to a chimney while his mother and twin sister were visiting, an inquest was told last year.

His mother, Michelle Withers told Woking Coroners' Court in January 2016 that she pleaded with him to climb down.

He had become agitated after Mrs Withers arrived late for their scheduled Friday evening visit, and used a flower pot to climb onto a conservatory roof in the courtyard of the hospital's Elgar Ward before his fatal fall.

Mrs Withers also told the court there were no doctors or nurses present at the time.

On January 22, 2016, a jury concluded Adam Withers climbed to the top of a 130ft chimney and fell from it unintentionally whilst suffering an acute psychotic illness.

The jury also concluded his death was "caused or more than minimally contributed to by" multiple failures of Surrey and Borders Partnership NHS Foundation Trust (SABP) and Epsom and St Helier university Hospitals NHS Trust (ESTH).

SABP is responsible for mental health provision at Epsom Hospital.

The Trust introduced a raft of extra security measures – including making drainpipes and ledges harder to climb, and making the courtyard off-bounds for mental health patients – at the hospital after Mr Withers' death.

The sentencing hearing for SABP will take place at Guildford Crown Court on June 22.

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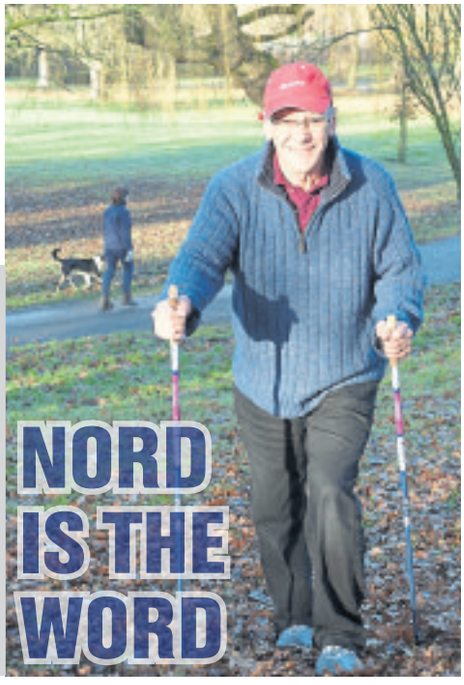
EPSOM AND SURROUNDING AREAS — YOUR COMMUNITY NEWS

MIXING IT: The mayor of Croydon, Wayne Trakas-Lawlor, has officially opened a renovated concrete operating yard for EasyMix Concrete UK in Beddington Lane.
The yard marks the expansion of the Croydon-based business, one of the biggest volumetric concrete suppliers in London. The company is famous across the capital for its fleet of more than 20 distinctive orange vehicles.

BOB DEAR is tackling diabetes one step at a time though his love of Nordic walking.
The 68 year-old leads twice weekly sessions around Croydon using a form of exercise Scandinavian skiers use to keep fit when snow is thin on the ground.
Participants use two walking poles to help work out the upper body and Bob says it helps him manage his condition.
He came across Nordic skiing after becoming involved in Croydon Health Walks, a free council backed scheme offering weekly guided walks around the borough.
For more details visit **walkingforhealth.org.uk** and search for Croydon.



FOOTBALL: ON the 14 May 9-5pm Danetree Primary School parents will be running a football tournament and funday in aid of a very brave boy at the school who is fighting a battle with bone cancer.

Frankie's parents were originally told only 5 months ago that he had ligament damage to his knee, but a mother's instinct told her that something was not quite right, and took Frankie to A&E for an X-ray.

Frankie was then scanned and they received the devastating news that he had a tumour, which unfortunately had spread to both knees. He is currently undergoing a total of 29 weeks intense chemotherapy sessions, and is having an operation on both knees this month.

Frankie will be the 1st child in the U.K. to have 2 bionic knees. To cater for Frankie's needs the family are having to extend their home, so that Frankie can have his own bedroom and wet room on ground level. As you can imagine it is a very hard time for his family and friends, but everyone, even the doctors, are so amazed at how strong this little boy is, living up to his nickname 'Frank the Tank'.

All the money raised will go to the Frankie Just Giving Fund but we are also depending on the added support of our friends in the business community. We still have spaces for u11's teams if you like to register please contact wendi_ambridge@yahoo.co.uk

BOOT CAMP: I'M Millie, I am 19 and I am organising a Bootcamp for Breast Cancer with all money raised going to The Royal Marsden.

I am organising this event in aid of my Mum who was diagnosed with breast cancer last July, 2016. I want to show my support to my Mum and The Royal Marsden by raising money and spreading awareness.

The event will be held on Saturday the 1st of April 2017 at Priest Hill Fields KT17 3DS from 10.30-11.30am. A BBQ and refreshments are available for any supporters and people taking part. To sign up I kindly ask that you donate £20 to my just giving page and leave your name and email so I can get in touch with you.

Any other donations are very much appreciated. justgiving.com/fundraising/Millie-Maguire

Go to **epsomguardian.co.uk/sendyournews** and fill in the form to submit your article.

Bright sparks

GLEN Watkins and Paul Cole served their five-year electrical apprenticeships together in Sutton 27 years ago.

The firm friends travelled to Australia together in 1995, and in 2011 started up the company Watkinscole Electrical.

The firm, which now employs more that 15 people, moved into new commercial premises in Belmont last week. The offices were officially opened by the mayor of Sutton, Richard Clifton, last Friday, *pictured above*.

The duo have trained a number of electrical apprentices in Carshalton and Nescott college. They said: "Connecting with Sutton business has been the key to our success and having the mayor endorse our premises has given us great encouragement for the future."

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Calls for unitary council

A 'RADICAL overhaul' of the political system is needed in Surrey if the county is to make its 'top-heavy' administration more efficient, an opposition party claimed.

Labour leader Councillor Robert Evans suggested converting the county to a unitary authority – a single-tier system of local governance, in which one body is responsible for all council functions – would lead to a more "streamlined" democracy.

Berkshire and Cornwall have both adopted single-tier models, and Councillor Evans believes Surrey should follow suit. But a county council spokesman said the "hugely costly and complex process" of creating a unitary authority would "not be an appropriate use of taxpayers' time or money".

Liberal Democrat leader Councillor Hazel Watson added that any plans for converting to a single-tier system would need "serious consideration" by the county council, the county's 11 borough councils, and Surrey residents.

Labour leader Robert Evans, *pictured*, pointed out that Surrey has 11 borough and districts, each with council offices, a town hall, a chief executive and councillors, in addition to the county council itself. This means there are 12 chief executives and more than 600 councillors in the county.

"In other parts of the country, they've streamlined their democracy," Cllr Evans said.

"But when I forced a debate on Surrey County Council, I'm afraid the Conservatives chose the status quo, and backed the present confusing and failing two-tier system. We need a radical overhaul which will make Surrey more efficient and save millions.

"I suspect that so many of them and their friends have a vested interest as over-paid councillors they weren't prepared to look at what is best for the people of Surrey.

"The council claim they need more money to pay for the ever-increasing adults social care bill, but in a civilised country, this must come from central government paid for from income tax."

A county council spokesman said: "This would be a hugely complex and costly process and, with our services now reaching breaking point due to huge funding cuts, this would not be an appropriate use of taxpayers' time or money."

Opposition parties say they are being 'kept in the dark' over planned cuts

Proposals for 15 per cent tax rise set to be approved

REPORTER
CRAIG RICHARDS
craig.richards@
london.newsaquest.co.uk

SURREY County Council's cabinet has approved proposals for a 15 per cent council tax rise and £93 million in unspecified cuts.

The referendum and the cuts will be voted on at a full council meeting next week (February 7), when the council sets its budget for the coming financial year.

But opposition parties have criticised the decision as "ludicrous" and claim they are being "kept in the dark" about where the cuts will fall.

Council leader David Hodge, in a report placed before Tuesday's cabinet meeting, cited "an unprecedented six-year period of funding cuts by the government" and "an unrelenting increase in the numbers of people requiring services across adults and children's services" as reasons for increasing council tax.

The proposed 14.99 per cent increase would see the average Surrey resident – in a band D property – paying £1,458.45 annually, according to his report.

Surrey County Council leader David Hodge

Mr Hodge wrote: "To fund the required budget for the next three years from locally-generated sources the council would be forced to increase council tax in total by 15 per cent in 2017/18."

This would enable the council to "reset its funding base and achieve a sustainable position for the next decade, followed by modest increases in future years in line with government guidance", Mr Hodge stated.

He added: "The council is planning to make significant additional savings of £93m in 2017/18. This will still leave a funding shortfall of £30m in 2017/18, rising to £73m by 2019/20."

Councillor Hazel Watson, leader of the Liberal Democrats on Surrey County Council, described the possible council tax increase as "unreasonable and unaffordable", and asked for clarity on £93million worth of cuts.

She added: "It is time for the Tories at County Hall to end their secrecy and to spill the beans about the £93 million of cuts which are coming down the pipeline.

"Councillors who have to vote on the County Council budget next week and Surrey residents who pay council tax and are served by the County Council should not be kept in the dark and have a right to know now about the cuts which are on the way."

Cllr Jonathan Essex , Green Party County Councillor for Redhill East, said today: "It would be ludicrous to expect councillors from all political persuasions to vote on next week's budget where the details are kept under lock and key until the very last possible moment.

"That is no way to run a council and I expect residents will make their voices heard loud and clear when they deliver their verdict on this administration on May 4.

"Instead of putting an excessive rise to the vote first, and then making public what the impact would be afterwards, the council should be up front about the true impacts, and with these facts in the open make this case to the government up-front, not behind closed doors."

'Lights should go out on chief exec's position'

A FRUSTRATED resident has launched a petition calling for the abolition of Surrey County Council's chief executive amidst switching off street lights and proposals to increase council tax by nine times the rate of inflation.

The Chief Executive is the senior officer who leads and takes responsibility for the work of the 5,000 paid staff of the council, who run the local authority on a day to day basis.

Leatherhead resident Gerald Harvard's petition has been signed more than 750 times since it was set up on the county council's petition portal on Friday, January 20.

It reads: "With cuts in services, including switching off street lights at night, and a proposal to raise council tax by 15 per cent, abolishing the post of Chief Executive would seem to be a very good idea.

"Other authorities have done it. The committee system, together with a competent leader, should be quite sufficient.

"In addition, SCC should look carefully at the need for any senior staff on salaries of more than, say, £50,000."

The council will be turning off more than 40,000 streetlights across Surrey between midnight and 5am.

Lights went out in the early hours in Guildford, Surrey Heath and Waverley, with other tranches following, as the council attempts to balance its budget.

Earlier this month, the majority Conservative faction of Surrey County Council agreed to vote in favour of an increase nine times the rate of inflation (1.6 per cent) at a party meeting held behind closed doors.

Council leader David Hodge cited government cuts, and rising demand for adult social care and learning disabilities and children's services as key factors behind the proposed increase.

The average Surrey resident according to house value – those living in Band D properties – paid £1,268.28 in 2016/17. A 15 per cent increase would see these residents paying an additional £190.24.

Cllr Hodge confirmed plans for the proposed increase in a statement, which read: "We have to set a budget that will protect vital services for Surrey residents.

"Government has cut our annual grant by £170m since 2010 - leaving a huge gap in our budget.

"Demand for adult social care, learning disabilities and children's services is increasing every year.

"So I regret, despite us finding £450m worth of savings from our annual budget, we have no choice but to propose this increase in council tax."

The proposals will be decided by at the next full council meeting on February 7.

To sign the petition, visit petitions.surreycc.gov.uk/chief-executive/

Calls to scrap publications to save money

THE county council should scrap "unnecessary" publications and cabinet posts, and stop spending on commercial properties outside the county, an opposition party claims.

Surrey's Liberal Democrats have suggested alternative cost-cutting measures since a potential referendum on a 15 per cent council tax increase was announced earlier this month.

The majority Conservative faction on Surrey County Council agreed to vote in favour of an increase nine times the rate of inflation – currently standing at 1.6 per cent – at a party meeting held behind closed doors on January 18.

Arran Neathey, chairman of Surrey Labour wrote to Chancellor and Weybridge MP Philip Hammond arguing "the Tory government's failed austerity programme and the iniquity of the council tax system" has led to Surrey's financial hardships.

Surrey's Liberal Democrats, meanwhile, launched a petition to highlight the "unfairness" and "unaffordability" of the increase, and their group's leader, Councillor Hazel Watson, has suggested alternatives.

She said: "The council could save money in a variety of ways. For example, by scrapping 'Surrey Matters' magazine, abolishing the unnecessary Associate Cabinet Member posts and changing it's investment strategy to stop millions being spent on commercial properties outside of the county."

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Thieves stole £10k caravan from same spot just weeks ago

Now generator stolen from wildlife charity

REPORTER
RACHEL DICKERSON
rachel.dickerson@
london.newsquest.co.uk

A WILDLIFE charity founder has been left "speechless" after "callous" thieves stole a generator from them just weeks after a £10,000 caravan was stolen from the same spot.

Thieves broke hinges on a locked gate to get into land owned by Wildlife Aid Foundation on Woodlands Road, and broke into a metal storage container which held the £800 Denqbar 2.8kw generator on the evening of Saturday, January 28.

The theft comes just weeks after photographer Lawrie Brailey, 24, who works for the charity, had his £10,000 caravan stolen from the same spot.

Inside the caravan were his laptop, which contained his "life's work" in photos and a gold Gerrard watch from his grandfather.

Simon Cowell, founder of Wildlife Aid Foundation, said the situation was a "nightmare".

He said: "I'm just speechless, they just don't care that they're stealing from us.

"It's tragic for a charity. It's disastrous. It's terrible for us, it's an expense we don't need. It's making our insurance go up too."

Anyone with information should call Surrey Police on 101 or call Crimestoppers anonymously on 0800 555 111.

Wildlife Aid founder Simon Cowell

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Two killed by trains

TWO men died in separate incidents when they were hit by trains in New Malden and Woking on Tuesday.

The man who died in Woking was initally described as injured, but the British Transport Police (BTP) have since confirmed that he has died. Trains were cancelled between Wimbledon and Surbiton and between Surbiton and Woking. South West trains was severely disrupted into the evening.

A statement on the BTP website said: "Just before 12.30pm today, we were called to New Malden station following reports that a person had been struck by a train.

"Officers are on scene alongside paramedics from the London Ambulance Service, however a man has sadly been pronounced dead.

"Officers are now working to identify the man and inform his family. "This incident is not being treated as suspicious and a file will be prepared for the coroner."

A spokeswoman for the London Ambulance Service said: "We sent a single responder in a car, an ambulance crew, an incident response officer and an advanced paramedic to the scene.

"Sadly, a person was dead at the scene."

Snooker legend 'gutted' following fire at his flat

Jimmy White loses 'everything but cue'

REPORTER
CRAIG RICHARD
craig.richard@
london.newsquest.co.uk

SNOOKER legend Jimmy White was "gutted" after losing "everything but his cue" in a flat fire on Tuesday.

The Whirlwind tweeted 'Fire at my flat this morning. Everything gone. Gutted. Cue was in car and most importantly no one hurt', following the fire in Alexandra Road.

Firefighters scaling an aerial platform ladder rescued one person from a third-floor flat. Fourteen people and a cat were evacuated, Surrey Fire and Rescue confirmed.

Crews from Epsom, Banstead, Leatherhead, Reigate, Painshill, Walton, Esher, Sutton and Surbiton fire stations were called to the fire at Alexandra Mansions in Alexandra Road, Epsom at 10am.

The fire had spread from the flat to the roof space, a spokesman from Epsom fire station said. Crews had also used an aerial platform ladder to reach the blaze.

The fire at Alexandra Mansions in Alexandra Road, Epsom

Picture: Matthew Spring

Tony Clarke, assistant branch manager at building materials supplier Jewson, was doing a site visit opposite the flats as fire engines arrived to fight the blaze.

"There was lots and lots of smoke coming out of the top floor flat around the back," he said.

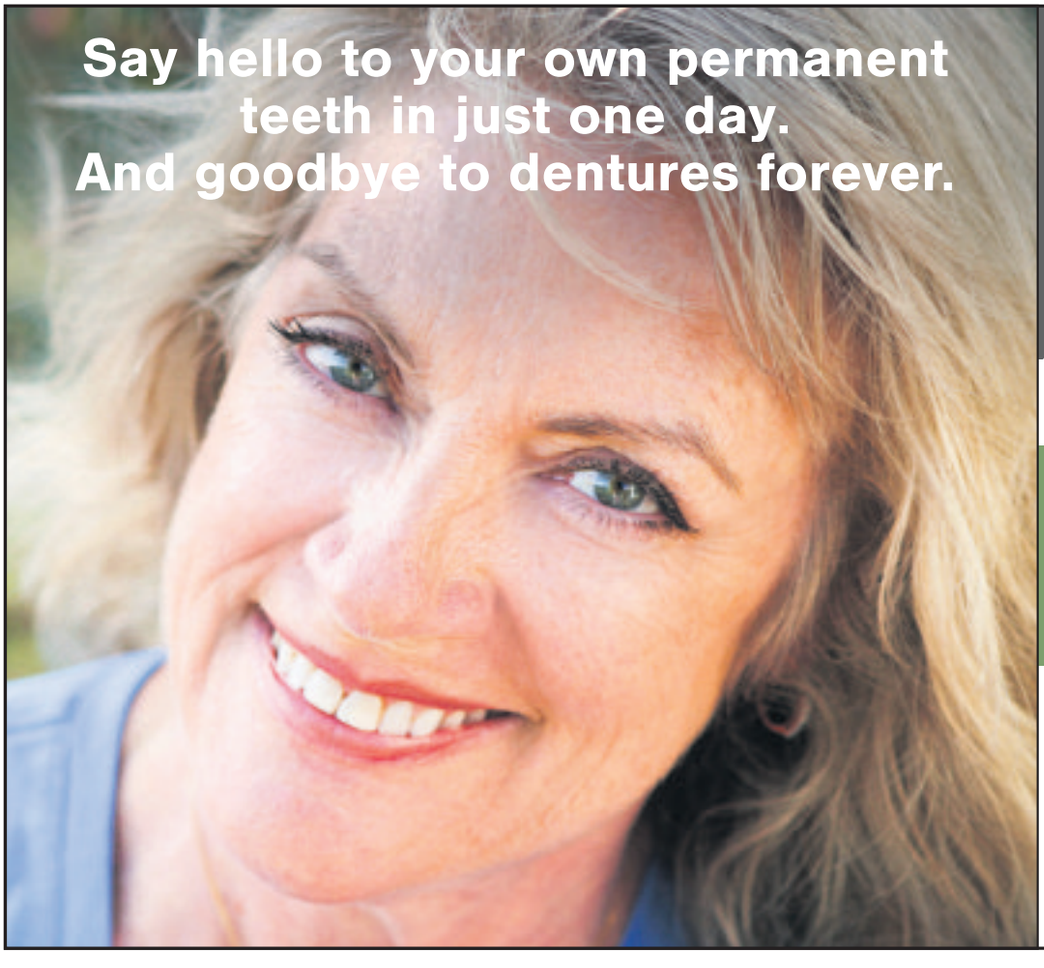
"It took them a while to get any water into it because they were looking into a safe way to enter.

"One of the guys was going up on an aerial crane, and he said it was pitch black because of the smoke. He couldn't see into it because it was so dark."

Mr Clarke said he believed an old lady was worried about her cat trapped inside her flat a few doors down, but firefighters had deemed it sufficiently far away to be safe.

He added that his colleague lent a spare pair of boots to a lady being evacuated along with her young son as she was barefoot when she was ushered out of the building.

The Upper High Street was closed in both ways between the junction with Mill Road and Church Road and the B288 Bridge Road. Alexandra Road was also closed.



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RMI

FOLLOWING six sold-out seasons at Winter Wonderland in Hyde Park, Cirque Berserk!, Britain's favourite contemporary thrill circus, is out on tour once again. And it will be in Wimbledon this month.

Combining 'cirque style' skills with thrilling stunt action, it is danger-filled spectacle that will amaze audiences of all ages.

It features the world's most dangerous circus act: the Globe of Death with four motorcyclists speeding at more than 60mph inside a steel cage.

There are more than 30 jugglers, acrobats, aerialists, dancers, musicians and stunt men, as well as award-winning physical comedian Tweedy.

Cirque Berserk! will be at the New Wimbledon Theatre from Thursday, February 16 to Sunday, February 19. For more details visit cirqueberserk.co.uk.

We have VIP group tickets to win for our lucky readers.

The first prize winner will be given an exclusive backstage tour and photo-opportunity, where their group will be able to stand inside the Globe of Death before a performance and take photographs with the daredevil riders of Team Lucius.

There are four VIP seats in the prize and four lucky runners-up will also win group sets of four seats* each for the show.

To be in with a chance of winning these incredible prizes, just answer the question and text your answer to 80360 starting with Berserk!, leave a space followed by the answer, your name, address and contact number.

The award-winning physical comedian at Cirque Berserk! is:
A) Weedy
B) Beady or
C) Tweedy

Alternatively, send your entry, along with your address and contact details to Cirque Berserk! Competition, Floor 9, Quadrant House, The Quadrant, Sutton, Surrey SM2 5AS. The closing date is midnight, Thursday, February 9.

The winners will be selected at random and contacted by Cirque Berserk! organisers. Good luck!

"The best clown I have ever seen" The Guardian

TERMS & CONDITIONS
*The maximum prize value is £116 per group ticket. Cirque Berserk! will notify winners and will arrange their prize seats subject to availability. The organisers' decision is final. **Data protection note:** It is a condition of entry that competitors permit the producer to hold their contact details. Those details will not be passed to any third party, but Cirque Berserk! may send entrants promotional material. **Please note:** the name is Cirque Berserk!, not 'BESERK', 'BEZERK' or 'BERZERK'. Cirque Berserk! is not to be confused with a similarly named American show.
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Instructor denies assaults

A KARATE instructor would tweak a young boy's nipples and grab his genitals as part of a sick game of "yellow car", court has heard.

Spencer Hannan, 42, from Derek Avenue, Epsom, would use the game as a pretext for fondling and playing with a boy's penis, Guildford Crown Court heard.

One of the alleged attacks is said to have taken place just yards from the boy's house, while another happened in the front room of Mr Hannan's grandfather's house in Ruxley Lane, Epsom, after the 42-year-old asked the boy to help him move furniture.

Mr Hannan, who teaches karate and self-defence as an extracurricular activity in schools across Surrey, faces four counts of non-penetrative sexual activity with a boy under the age of 16.

He denies all charges.

His trial began on Monday, January 31.

Mr Hannan repeatedly told the boy, "It's all part of your training", Mr Jeffrey Lamb, prosecuting, told the court.

"When he was travelling (with the boy), Mr Hannan introduced a game in which when a yellow car was spotted, the person who saw it was allowed to punch the other in the arm," Mr Lamb told the court.

For other colours, the person who saw the "unusually-coloured" car was allowed to "tweak the nipples" or "grab or punch the other in the groin area", Mr Lamb explained.

He added: "Mr Hannan would undo (the boy's) trousers whilst driving along, take his penis from out of his trousers, and play with it and fondle it, going so far as to masturbate him.

"(The boy) made it clear that on no occasion did he get an erection.

"He told Mr Hannan he wanted no part in this. But Mr Hannan told him it was all part of his training to build him up into a karate expert and obtain his black belt."

The alleged victim later confided the attacks – which are said to have taken place between September 1, 2013 and December 31, 2013.

He delayed telling his parents because he "didn't want them to worry" about him, the court heard.

Mr Hannan admitted the game – popularly known as "yellow car" or "punch buggy" – was played, but insisted no sexual activity took place, the court was told.

Mr Hannan claimed the "genital grabbing" the defendant referred to, was in fact "a back-handed slap to the genitals if a pink car was spotted", Mr Lamb told the court.

The trial continues.

Councillors voted for controversial 40p evening charge at Bourne Hall

Parking charges set to rise

REPORTER
CRAIG RICHARDS
craig.richards@
london.newsquest.co.uk

CAR parking charges could rise in Epsom and Ewell, after the council's Environment Committee provisionally approved "grossly unfair" increases that might make people "stop donating blood".

Four Epsom and Ewell Borough Councillors voted for a controversial addition of a 40p evening charge at Bourne Hall in Spring Street, Ewell, and four voted against the fee last night.

But committee chairman Councillor John Beckett opted to follow the council's car parking working group's recommendations to provisionally approve the Bourne Hall fees.

A majority of the committee then provisionally approved the whole raft of tariffs – the highest increases being by 50p for long stays in the Atkins car park and 50p in West Hill – that will ultimately be decided at a full council meeting on Valentine's Day.

Committee chairman Residents' Association councillor Mike Teasdale last night said: "We are in a bit of a financial state this year and next year."

Parking charges are set to increase at the Bourne Hall

In a report presented to the committee, council officers wrote: "The charges (for car parking, refuse collection, markets, development and building control, cemeteries, and licensing and environmental health) proposed will generate an additional estimated income of £262,000.

"This has been taken into account in the budget to be presented to the Council next month."

They added that increasing the charges would help the council maintain a "balanced budget" over the next four years.

Last week, councillors admitted it faced an "uncertain future" financially.

Councillor Beckett meanwhile told the committee that "70 per cent of revenue (generated by car parking charges) is ploughed back into our car parks for improvement".

Objections from users of Bourne Hall, were presented to the committee before it made its decision.

Councillor Keith Partridge said the strength of feeling in residents' objections. He added: "I don't think the income is going to amount to a great deal. I think we can make the savings elsewhere."

The council's new chief accountant Jo-Anne Chang-Rogers agreed that extra income would be "welcome but minimal".

Labour councillor Rob Geleit called for the committee not to blow this out of proportion, and said: "We are only talking about 40p."

Short-term stays in the Ashley Centre and Hook Road car parks would also all rise is approved later this month, after the environment committee approved the tariffs last night.

Conservative councillor Jane Race dissented to increasing any car parking charges in the borough.

"I'm not in favour of raising car parking charges – specifically in Epsom and Ewell town centre," she said.

The council will agree its budget, including estimates of income and expenditure, on February 14.

To enable the budget to be finalised, the Policy Committees – including the Community and Wellbeing, Environment, Licensing and Planning and Strategy and resources Committee – are being asked to recommend fees and charges covering the services for which they are responsible.

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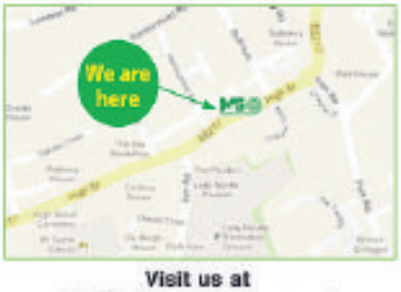

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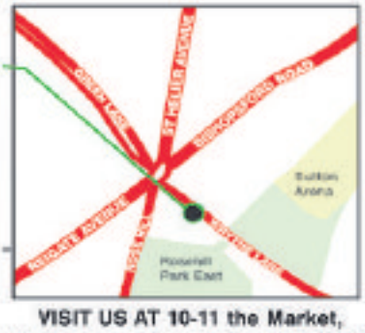

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Family placed hidden camera in room of 83-year-old woman over fears she was 'fast-tracked for the morgue'

Concerns over the care of elderly woman

REPORTER
CRAIG RICHARD
craig.richard@
london.newsquest.co.uk

HORIBLE images of a vulnerable mother nearly drowning in vomit were captured on video by a family concerned with the care their mother was getting at a Ewell nursing home.

The hidden camera footage shows 83-year-old Sheila Morris being left alone overnight despite suffering from advanced Parkinson's disease which impairs her ability to swallow.

Her family said she was being "fast-tracked for the morgue" at Priory Court Care Home, and tried to move her elsewhere. But their efforts were delayed because they did not have power of attorney and needed to wait for Surrey County Council to take the lead.

There were further frustrations, the family said, because of a "spurious" abuse claim against the son, based on him asking whether putting a spoon in her mouth could help her to swallow more comfortably.

They insist she was given 'dangerous' food and not given sufficient fluid levels during her 16-month stay at the home in Old Schools Lane, Ewell, and that she suffered eight UTIs (urinary tract infections) while at the home. At her new care home in Kingston, Sheila Morris has not had a single UTI.

Hidden camera footage shows carers failed to check on Mr Morris between about 11.30pm and 6am on May 4-5 last year while she was violently sick overnight

Mrs Morris was at Priory Court between March 2015 and July 2016.

Surrey County Council's social services department is responsible for care at homes such as Priory Court. It claims concerns were investigated "thoroughly" and "urgently", but were "found to be unsupported". A spokesman added social services continue to be in touch with Mrs Morris.

Clive and Paula Morris said they have not been asked for the footage, and so the council could not have "thoroughly" investigated their claims.

Mrs Morris' children set up the camera in their mother's room because they no longer trusted the home. The footage shows carers failed to check on Mrs Morris between about 11.30pm and 6am on May 4-5 (2016) while she was violently sick overnight.

Her son Clive says she was not put to bed in a safe position, and that she could have drowned on her vomit and died.

His concerns about her positioning prompted him to leave a note for his mother's carers at her bedside, which stated: "Please keep Sheila's head raised/sat up a bit when in bed – ta."

Mr Morris said: "I think she has been fast-tracked for the morgue.

"My sister and I are the ones staying there.

"We're paying over £1,000 a week. We're doing the work.

"We were prepared to give up our lives and careers to do this."

Clive and Paula Morris reported the care home to health watchdog the Care Quality Commission (CQC) in February 2016. Following an assessment in March, CQC inspectors rated the care home "Good", and certified the service at Priory Court "Safe".

A week before the CQC report came out in April, a suspected outbreak of Norovirus – also known as winter vomiting bug – caused the temporary closure of dementia unit at the home.

"I was annoyed about the norovirus (outbreak) in the week following because it was putting her at risk, and she should not have been there," Mr Morris said.

"If she got norovirus it could've been fatal."

At the time, John Cunningham, Chief Operating Officer for St Cloud Care had said there were "occasional outbreaks of this nature within care homes."

But Mr Morris disputes this. He said: "I have had the misfortune of sampling many care homes in the Surrey care system, and I have never known it as normal for homes to get norovirus."

A county council spokesman said: "Protecting vulnerable people is our priority so the concerns raised about care at the home were investigated thoroughly as a matter of urgency but were found to be unsupported.

"We remain in contact with Mrs Morris to ensure all her concerns have been met and responded to."

Got a story? Get in touch at craig.richard@london.newsquest.co.uk

Sat-navs and turn manoeuvres: Here's what you need to know about changes to the driving test in 2017

Personally I dislike sat navs - though I have noticed them proliferating as when I have people come to my place they ask for the postcode which it apparently uses to find the way there- I would much rather go to Google maps and print out directions and a map - it is another thing which would put me off learning to drive

KRISSI

Having to look at, and read, printed directions and maps whilst driving is far more dangerous than using a sat-nav.

NEIL HD

All drivers should be re-tested every five years. The driving age should be raised to 25 and licenses should be surrendered at 75 years of age.

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If complaining about third party comments on our website articles, you should use the 'report this post' function online next to the comment.

Diesel tax

COLIN Brown and Chris Larkman's shock that Merton Labour will shortly be slapping a new tax on some diesel vehicle owners is entirely understandable (Levy shock, January 19). The council has done its very best not to publicise these plans until the eleventh hour.

Indeed the Labour administration even ignored the advice of its own consultants in deciding not to consult with residents on the potential impact of this surcharge before deciding to implement it. They are only consulting now because they are legally obliged to in order to amend all the traffic management orders.

By voting through an increase to the cost of parking permits for the owners of diesel vehicles in CPZs, Labour councillors have broken yet another of their 2014 election promises. Far from freezing the cost of permits until 2018, Merton's new surcharge will be considerably higher than other London boroughs leading to concerns this is predominantly a revenue-raising measure.

Conservatives challenged this decision at a 'call in' meeting held last month. Of course we appreciate the need to reduce air pollution in the borough and support the principle that the polluter should pay. However, Merton Labour's proposal to hike up costs for diesel vehicles is a blunt instrument designed mainly to plug their own budget gap. There is little evidence it will actually help improve Merton's air quality and no guarantee that the extra money raised will be used for environmental or anti-pollution measures.

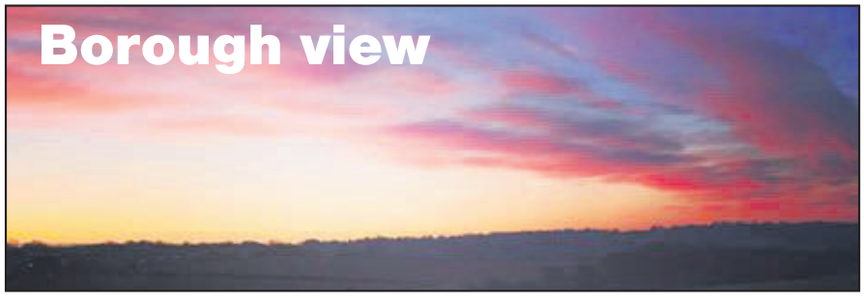
What it will do is unfairly penalise diesel vehicle owners - particularly in the west of the borough where the majority of CPZs are located - regardless of how much they actually drive their cars. Perversely it will hit hardest those on lower incomes who can't necessarily afford to upgrade their cars and also risks encouraging residents to concrete over front gardens to create more off street parking.

By rushing this in very little notice, Labour councillors are once again treating captive residents as a cash cow to cover up their own financial mismanagement.

That's why we have set up a petition to urge the administration to re-think its policy.

I encourage all concerned residents to sign up at surveymonkey.co.uk/r/mertondieseltax

Cllr Daniel Holden
Conservative Spokesman for Transport, Parking and Cleaner Streets



Anthony Burdett, who runs homeless outreach charity The Big Warm Up from West Ewell took this picture of Epsom Downs. If you have a Borough View picture you would like to be considered email it to aprkes@london.newsquest.co.uk

Shops must provide toilet facilities

WELL done for raising the issue on January 17 in the Guardian.

It's not just council public facilities I'm infuriated by, it is the number of shops that don't offer toilet facilities even though they want customers as they compete with the ever growing challenge of online shopping versus the high street. I was shocked when I went to the very large B&Q recently just before Wandsworth bridge for a one hour meeting with kitchen staff to find out the have dclosed their customer toilets. How shops think customer care is not important in this day and age when we have customer with varying needs really infuriates me and helps me to understand why so many prefer on line shopping in the comfort of their home were they will not be caught short.

Tina
Address supplied

Road lay-out

THE new road layout around Craddocks Ave, Woodfield Lane and St Stephens Ave in Ashtead. Where an, admittedly not-ideal, right turn across the level crossing has been prohibitted, forcing southbound traffic along Craddocks Avenue to do a 180 degree revolution around the mini-roundabout, through unsuspecting northbound traffic to access the area beyond the level crossing.

I must congratulate Highways Dept.. They have replaced a junction where there was a near miss every two hours, with one where there is a near miss every 10 minutes.

Is SCC Highways Dept. really 'fit for purpose'? In fact, considering the latest proposed 15 per cent council tax surcharge, is SCC 'fit for purpose'?

Why not disband them and devolve their duties to the District Councils, saving us all considerable cost and even more considerable frustration.

Stephen Morris
Culverhay
Ashtead

'Bit the bullet and pay for it'

MY grandfather had a saying --- "When you gotta go, you gotta go!"– which is scarcely deniable.

As with you, I am getting no younger, myself, and my friend is supporting her elderly father-in-law, a gentleman with serious medical and mobiity problems, for whom going out anywhere in public creates a potential toilet-emergency.

The real problem is that the provision of public conveniences has always been discretionary for the local authorities --- that is, they are not obliged to provide them.

When the money gets tight, the discretionary services are inevitably seen as dispensable and soon become a prime soft target for "savings."

As a double whammy, the local authorities are also under the financial lash from central government.

It's clearly not desirable for residents (and visitors to Croydon town centre, whom we want to return and spend their money here) not to have anywhere to go, legally, if nature calls (the two public toilets in Fell Road by the Queen's Gardens seem to be permanently closed), but there's probably no simple answer.

If we want something provided, we will have to be prepared to bite the bullet and pay for it.

Gordon Thompson
Address supplied

Has exercising in the park gone a little barking mad?

EDITOR'S VIEW

I KNOW we're a nation of pet lovers and Brits have always been a bit soft about their four-legged friends but what is the world coming to when we need to exercise like dogs?

Talk about barking mad, this week one of the oldest pet charities, Blue Cross, launched the world's first exercise class where humans act like dogs.

So, from what I can tell, you turn up and pay good money for someone to throw a stick which you run and fetch – it's not clear whether you're allowed to use your hands or whether you need to bend down and pick it up with your mouth.

The PR proudly states that by having people 'literally' taking on the role of dogs they will learn to understand the benefits dogs gain by doing exercise.

What has the world come to when you have to act like a dog to realise exercise is good for you?

It suggests you'll chase a ball, dash around aimlessly, have a good old dig and enjoy walkies.

Now, I'm not against exercise and I'm certainly not against pet ownership – the benefits of having man's best friend by your side on a good walk are enormous.

But surely questions need to be raised about the type of people who want to go along and treat other humans like dogs? This sort of thing would normally have a specialist area hidden well away on the Internet, it's certainly not normal getting things fetched for you by another human.

The Work Out Like A Dog boot camp has been created by qualified personal trainer Born Barikor, CEO and founder of Our Parks Limited. I'm sure Born has been inspired for all the right reasons and makes a good living by coming up with such wheezes. But surely the rest of us, who hopefully weren't born yesterday, will see through this nonsense.

The bootcamp is running daily at Victoria Park until this Friday, February 3 but will anyone actually turn up?

Included in the full workout details, apart from ball fetching, frisbee, tug-of-war, are such delights as learning to rollover, sit and stay and special agility sessions!

I think I'll stick to allowing my dog to enjoy the type of dog's life it loves and I'll keep acting like a human.

On a serious note, I'd much prefer it if animal charities stuck to dealing with people who commit animal abuse, proper neutering and animal care. There are enough people out there acting like animals already.

Send in your letters by email to aparkes@london.newsquest.co.uk
Send on Twitter to @parkes theeditor. Send through Facebook to facebook.com/epsomguardian

Key features include hyperlocal searches and email alerts

New platform to keep public better informed

NEWSQUEST Media Group, the leading local media group, announced the launch of a new online public notices platform that enables the public to be better informed about local decisions.

Every decision a council makes can affect the lives of local people – be it their quality of life, property, local services or amenities. The new platform delivers added value to local councils by extending the reach of their statutory notices in print, to the huge digital audiences of Newquest's local websites, many of which now reach over 70 per cent of their local population.

Complementing improved visibility and transparency online, the public can also be kept informed of local council decisions across any of their preferred mobile or tablet devices, as the site is fully responsive.

Key features of the new service include:

• Hyperlocal Search – search by distance and local authority

• Email alerts – set multiple locations and receive relevant notices

• Two-way conversation and social media sharing – share, comment, write to your MP or Council for each notice

• Dedicated local authority pages – view notices by council and access their contact details. Future updates will include information on council services, news and updates

The new public notices platform has been in live beta since November last year and is now live across all 160 of Newsquest's local sites. To see an example, go to dailyecho.co.uk/announcements/public_notices/.

Henry Faure Walker, chief executive of Newsquest Media Group, said: "In order to make sure the public is kept properly informed it's essential that local councils and Government bodies continue to use their local newspaper to advertise their notices in print and online.

"Our local news websites now regularly reach over 70 per cent to 80 per cent of the population of their local towns and cities.

"There is no media platform with this scale of local audience penetration and no better place for local authorities to communicate with their local residents.

"Local councils squirrelling important notices away in a dark corner of their own websites is not a viable alternative."

The new public notices platform has been launched by Newsquest

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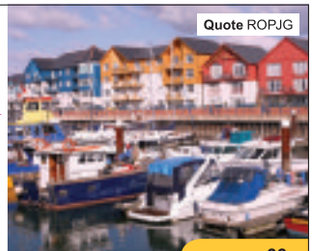

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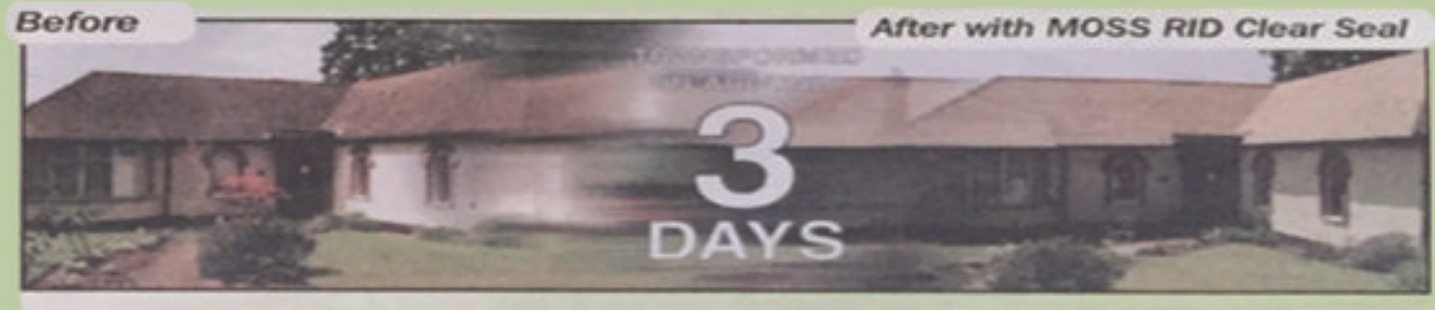

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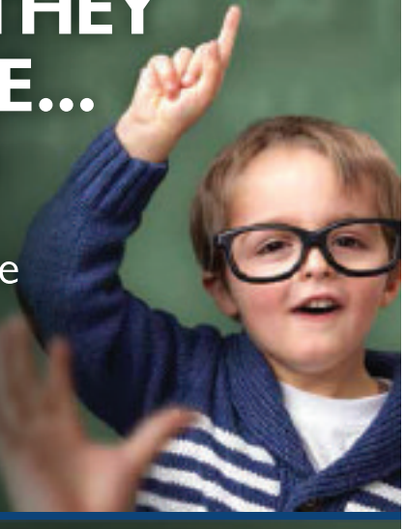

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Councillors agree the increase including cost of 'baby graves'

Cost of dying goes up as price of plots rises

REPORTER
CRAIG RICHARD
craig.richard@
london.newsquest.co.uk

THE price of prime cemetery plots in Epsom and Ewell could rise by more than 13 per cent if approved at the full council's budget meeting on Valentine's Day.

Epsom and Ewell Borough Council's Environment Committee provisionally approved increases for cemetery and rights of burial services last night – most of which were 3 per cent. This included the cost of "baby graves", which could also increase to £932.

But the cost of a plot on the front row path for borough residents could rise from £2,766 to £3,142 (13.6 per cent) if approved at the council meeting on February 14.

Conservative councillor Jane Race questioned why the increase was so high when compared to just a 3 per cent rise on the same plot for non-residents.

She added: "It's not something you can avoid. I'm not delighted that it has been raised so much given the circumstances."

Councillors agreed the increase

Committee chairman John Beckett said charges had previously been comparatively low and added: "This is a prime spot for a choice of burial."

Council officer Simon Young added that the increase would "bring the charge up to a level which is half of the non-residents' charge (£6,284).

The cost of graves for dead babies could also rise by 3 per cent to £932 after the Environment Committee provisionally approved the increase in charges.

Councillor Race told the Epsom Guardian: "I shouldn't have to say how dreadful that is for bereaved parents.

"They can't just say you won't bury your child."

In a report presented to the committee, council officers wrote: "The charges (for car parking, refuse collection, markets, development and building control, cemeteries, and licensing and environmental health) proposed will generate an additional estimated income of £262,000.

"This has been taken into account in the budget to be presented to the Council next month."

They added that increasing the charges would help the council maintain a "balanced budget" over the next four years.

Last week, councillors admitted it faced an "uncertain future" financially.

The council will agree its budget, including estimates of income and expenditure, on February 14. To enable the budget to be finalised, the Policy Committees – including the Community and Wellbeing, Environment, Licensing and Planning and Strategy and resources Committee – are being asked to recommend fees and charges covering the services for which they are responsible.

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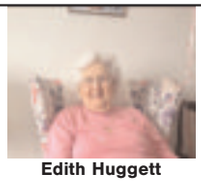
Deaths

Edward 'Eddie'Headley
of Poppy's Pad, Wallington.
Suddenly on January 17th, 2017.
Funeral to take place February 10th, North East Surrey Crematorium, 13.20.
Family flowers only, donations in memory to Cats Protection League or Help for Heroes. All welcome.



Edith Huggett

Edith Huggett passed away peacefully in her sleep. Cremation to be held on 15/02/2017 at 3:40 at Garth Road crematorium

DANIEL JAMES MAY
Our beautiful boy passed away on the 8-1-17 aged 25,
Funeral on 7-2-17
North East Surrey Crematorium 12-30
RIP Dan

Eileen McAlpine

Her friendship and wise counsel will be greatly missed. Eileen passed away 15 January aged 91.
Funeral 7 February
North East Surrey Crematorium 11.20

Obituary

MURIEL VALENTINE BEARDON
Died peacefully, aged 85 years on the 16th December 2016. Loving Mother and Grandma. Funeral to take place at St Barnabas Church, Gorringe Park Avenue, Mitcham CR4 2DJ on the 14th February 2017 at 12.40pm. Committal at London Road Cemetery, London Road, Mitcham CR4 3LA at 2.00pm. Flowers welcome and donations to St Barnabas Church. Wake to be held at the Stage Door, 3.00pm 92, The Broadway, Wimbledon SW19 1RH

EARLE - PETER
Passed away peacefully in his sleep on Thursday 19th January. At last reunited with his beloved Wife Vera. Much loved Dad to Mandy, Peter, Sarah and Debbie. A dear Grandad to Hannah, Joshua, Philip, Harry, William, Matthew and Joseph. Missed by us all. Funeral service to take place at Randalls Park Crematorium on Monday 27th February at 2.45pm. Family flowers only please but donations if desired to Alzheimers Research UK or online at watltd.co.uk

The funeral of the late
MICHAEL FABRE
Will be held at Putney Vale Crematorium on Thursday 9th February at 9.00am. All enquiries to Evershed Brothers Limited, 120 Wandsworth High Street, SW18 4JP Tel: 020 8874 1781

The funeral of the late
PHILIPPA RICHARDSON
Will be held at Putney Vale Crematorium on Thursday 9th February at 9.40am. All enquiries to Evershed Brothers Limited, 120 Wandsworth High Street, SW18 4JP Tel: 020 8874 1781

Obituary

EDITH MAY HARVEY
Passed away 26th January 2017 aged 102 years. She will be sadly missed by her family and all who knew her. Funeral service at Epsom Cemetery Chapel on Monday 20th February 2017 at 12.45pm. For information please call A & E Longhurst on 020 8393 1077

LUCAS, KENNETH STANLEY
A much loved Husband to the late Maire, Father to Elizabeth and Peter and Grandfather to Harriet. Died peacefully at Broome Park Nursing Home on 16th January 2017 aged 90 years. Funeral Service to be held at St Simon and St Jude's Church, East Dean BN20 0DL on Wednesday 15th February at 1.00pm. Enquiries to Adela Funeral Homes Tel: 01323 643999

MARTYN-JONES KATHLEEN 'MARTYN'
Passed away peacefully 19th January 2017. Sister to Alfred, David (dec'd) and Tom (dec'd); Aunt to Andrew, Jane, Mike, Liz, Catherine and Natasha; God Mother to Kate and Ian; Sponsor to Jonny, Laura, Rupert and Allan. Funeral at All Saints, Church Lawton, Stoke on Trent, ST7 3DE. Friday 3rd February 2.30pm. Family flowers only. Donations in memory to favour K's chosen charities greatfully received. Cheques payable to 'Executors of K. Martyn-Johns' via Attwood Funerals, Hobro Lodge, Wolverley, DY11 5SZ 07590 519099

Obituary

STANLEY ARTHUR GEORGE THEED
Devoted Father, Husband and friend. Passed away 23rd January aged 85 years. He will be greatly missed. Funeral to take place at 2.00pm on 9th February at North East Surrey Crematorium. Donations to be made to the Stroke Association.

PAMELA ANNE YOUNG
Passed away peacefully on the 21st January 2017 aged 85, formerly of Putney Hill. Funeral service will take place on the 7th February 2017 at the Kent and Sussex Crematorium, Tunbridge Wells. Flowers welcome. All enquiries to Paul Bysouth Funeral Services 01892 655000

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JOHNNY WARMAN

CATCH THE CLASSIC SOUNDS OF THE WHO

Johnny Warman's Total Who aim to be the greatest exponents of the music of The Who and they take to the stage at the Boom Boom Club in Sutton this Friday night (February 3).

The band's high octane set includes the music from the early years and all the hits including Magic Bus, Won't Get Fooled Again, Substitute, I'm A Boy, I Can't Explain, I'm Free, Pinball Wizzard, Behind Blue Eyes, Squeeze Box, 5.15 and highlights from Tommy, Live at Leeds and Quadrophenia.

Johnny said: "We have our own unique form of delivery, and Maximum Entertainment; just as it says on their Iconic Poster. Why not come along and be a part of the in crowd."

Magic Bus is Johnny Warman vox (Ringo Starr/Humble Pie/Peter Gabriel/Asia), Andy Neve keys (The Move/Steve Hackett/Alison Moyet), Matt Backer guitar (award-winning guitarist with ABC/Steve Winwood/Julian Lennon), session bassist Steve Tilling and Richard Willoughby drums (One of Dave Grohl's favourite drummers).

A week later (Friday, February 10) the Ben Poole Band comes to the Boom Boom Club.

Ben is touring behind his current CD – Time Has Come on Manhaton Records.

It's not just the title of Ben Poole's new studio album but also the consensus of the press, punters and star players who have caught this great British guitarist on his rise from hot-tip to headline act.

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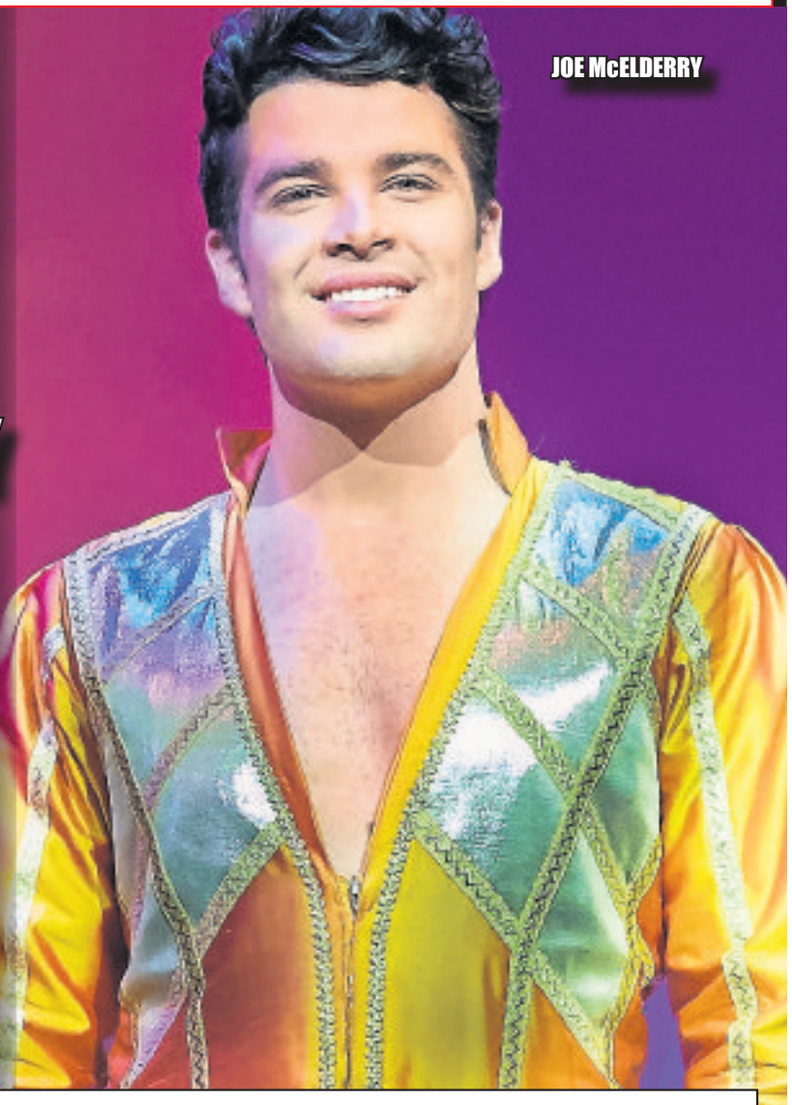
HE'S NO ORDINARY JOE


JOE McELDERRY

Joe McElderry stars in Joseph and the Amazing Technicolor Dreamcoat at New Wimbledon Theatre this week...

X Factor winner Joe McElderry dons the coveted coat in Joseph and the Amazing Technicolor Dreamcoat which is being staged at New Wimbledon Theatre this week.

Bill Kenwright's production of Tim Rice and Andrew Lloyd Webber's sparkling family musical continues on its record breaking tour having sold to date an estimated 15 million tickets.

Retelling the Biblical story of Joseph (Joe McElderry), his eleven brothers and the coat of many colours, this magical musical is full of unforgettable songs including Those Canaan Days, Any Dream Will Do and Close Every Door To Me.

McElderry was just 18 when he won the sixth series of the X Factor in 2009 and immediately went straight to number one in the UK Singles Charts with his debut single The Climb. He has since gone on to have three top ten albums, as well as notching up two more reality TV show victories, winning ITV's Pop Star to Opera Star and Channel 4's The Jump.

Joe's title-role debut in the 2016 production of Joseph was his first major theatrical appearance – and his performance was met with 5-star reviews and standing ovations up and down the country.

Joe McElderry was just 18 when he won the sixth series of The X Factor having been mentored by Girls Aloud star Cheryl Cole and beating off fierce competition from Olly Murs and Stacey Solomon.

Joe soared to number one on the UK Singles Charts with his rendition of Miley Cyrus's The Climb and his debut album Wide Awake went straight in at number 3 on the UK Albums Chart. He has since gone on to have two more Top 10 albums, and he became the first X Factor star to release four albums.

Joe, who hails from South Shields, Tyne and Wear, is also the first and only celebrity to win three reality TV shows.

He was crowned the winner of the second series of ITV's Popstar to Operastar before strapping on his skis and slaloming his way to become champion of Channel 4's celebrity ski competition The Jump in 2014.

Lucy Kay of Britain's Got Talent will return as the narrator of the show.

Kay scored her first number one album in 2014, after her stunning debut album Fantasia shot straight to the top of the Classical Album Chart. The singer, originally from Leicestershire, shot to fame and captured the country's hearts as runner up on Britain's Got Talent in 2014. Following her success on the show, Lucy also recorded the song Flower of Scotland with the band of Her Majesty's Royal Marines to celebrate the 350th anniversary of the Royal Navy.

Lucy was also a special guest on Andrea Bocelli's 2014 tour.

Joining them is Benjamin James-Ellis who was a semi-finalist on the hit TV show Any Dream Will Do.

Since then he has starred in a European tour of Dirty Dancing, and as Link Larkin in the West End run of Hairspray for two years.

The cast is completed by Henry Metcalfe, Sallie-Beth Lawless, Matt Jolly, Darren Charles, Lloyd Green, Matthew McCabe, George Knapper, Michael Lapham, Lewis Asquith, Richard J Hunt, Amana Jones, Will Breckin, Kevin Grogan and Gemma Pipe. Since its inception over 36 years ago, this family musical has now sold an estimated 20million tickets.

Joseph and the Amazing Technicolor Dreamcoat, New Wimbledon Theatre, The Broadway, Wimbledon SW19 1QG, until Saturday, February 4. Tickets £18-£42.50. Visit atgtickets.com/venues/new-wimbledon-theatre.

FUNNY BUSINESS

There's two great night of comedy lined up at the Banana Cabaret this weekend.

The popular comedy club at the Bedford pub in Balham plays host to Tom Stade, Angela Barnes, Imran Yusuf and Nick Wilty.

Canadian Stade has earned a reputation as one of the most original and exciting stand-up talents around. Barnes (pictured) has been described as "gloriously down-to-earth, straight talking and extremely funny" by the Guardian.

Yusuf is renowned as a skilful raconteur and has appeared on Michael McIntyre's Comedy Roadshow (BBC1). Wilty's easy-going, blokey style has been described as reassuringly old school by comedy website Chortle.

For details on these and other gigs visit bananacabaret.co.uk.

FILM REVIEW: SPLIT (15)

By Grainne Cuffe

It is infuriating to watch a performance like James McAvoy's in Split and know he will never get award recognition for it.

A psychological horror, or any horror for that matter, rarely gets Oscar attention. But if only for his performance alone should people should go and see Split.

The film tells the story of Kevin 'Wendell' Crumb (McAvoy), a man suffering from Dissociative Identity Disorder (D.I.D), or multiple personality disorder as it was previously called. Kevin has 23 different personalities.

One of those, Dennis, abducts three teenage girls and keeps them in an underground room for an unknown reason, not disclosed until the end.

Friends Claire (Haley Lu Richardson) and Marcia (Jessica Sula) are taken with our main protagonist, social outcast Casey (Anya Taylor-Joy).

Casey is a loner; something has happened to her, but we don't know what. On top of being terrified, the three girls are quite baffled by their strange capture.

We get to see three prominent personalities throughout; Patricia, a strict religious woman, Dennis, a severe sufferer of Obsessive Compulsive Disorder and Hedwig, a cute nine-year-old boy.

Kevin is also seeing a therapist, Dr Karen Fletcher (Betty Buckley), who strongly believes that the highly controversial disorder is real. In the sessions, she becomes increasingly worried that Kevin has done something terrible.

The appeal of Split lies in McAvoy's enthralling and thoroughly believable performance.

There is a scene when Hedwigsneaks Casey to his room, urging her to be quiet in case anyone comes and it genuinely feels like someone could come into the room even though he is the only person down there with them.

Surreal humour is becoming a strength of director M. Night Shyamalan. The playful nature of some of the personalities juxtaposed with the horror of the situation is amazingly absurd.

In the delightful moment the girls first encounter a different personality, Patricia says with a knowing smirk: "Sorry about Dennis. He's not well."

Although Split is Shyamalan's best effort since The Sixth Sense- after a few disastrous efforts, it still has some issues.

Logic was never one of his strengths and that certainly doesn't change here.

The film is a half an hour too long with moments of boredom frequently seeping in. The depth of Kevin's character reveals the lack of effort gone into the others, except only more slightly for the troubled Casey.

Most problematically, Split is not scary. There is one jumpy moment which is over before you realise it's happened. McAvoy's character is more interesting and likeable than fearsome so the tension dissipates the more you see of Kevin.

By no means perfect, we can hope that Split may be a sign that Shyamalan is returning to his former heights. Split also joins the new generation of horror films that offer up an already capable female lead, which is exciting in itself. **OUT NOW.**

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WHAT DAD COOKED

The boys of WhatDadCooked.com share their dad's recipe for spelt, caraway and ling honey soda bread

This is delicious – it's almost like a tea cake – great eaten when still warm or made into toast with butter. When the bread bin is empty replenish with this amazing soda bread.

TIME: One hour **SERVES:** Six **LEVEL:** Easy

WHAT YOU NEED

500g organic spelt flour
400ml cultured buttermilk
1.5 tsp bicarbonate of soda
1/4 tsp salt
50g soft unsalted butter
2 tbs caraway seeds
2 tbs Ling Heather Honey

HOW DAD COOKED IT:

The Irish are known for their soda bread. But why ? The answer is in their wheat – it's rather heavy and lacking in gluten. Flours high in gluten – like the strong bread flours of Canada – create stretchy doughs that are ideally leavened with yeast – low gluten flours will not leaven with yeast.

So the use of chemical leavening agents in Ireland was therefore born out of necessity rather than a particular fondness for this type of loaf. Furthermore, the same heavy flour that is low in gluten also becomes easier to digest for those that have a gluten intolerance. An interesting bit of synchronicity.

For some, soda bread can be a bit tangy, so the soda should be used sparingly. You might try just using 1 tsp rather than 1.5 tsp. I've used spelt flour which has a wholesomeness about it without becoming too heavy and dense. I have included honey from The London Honey Company, which has a very pleasant affinity with caraway and helps soften the effect of the soda.

Preheat the oven to 200C, Gas 6. Combine the flour, soda, salt, seeds in a large bowl and mix with a whisk to integrate and lighten.

Add the soft butter and blend into the flour mix using your fingers.

Pour the buttermilk into the flour and combine with a spatula. At this point you need to improvise the addition of either more flour or more milk to ensure the ball comes together as a slightly sticky ball. Scrape it our onto a floured surface and knead for just a minute to combine – again adding more buttermilk or flour to get the right consistency. Pat the dough into a ball and form into a round loaf by sliding the edges of your palms under the loaf as you turn it around.

Place on a greased tray and cover with more flour and cut with a large knife almost to the bottom of the loaf.

Leave to rise for 10 minutes. Bake in the oven for 30 minutes. Turn in the oven toward the end of this time if the loaf is burning on one side. Turn the oven down to 180C, Gas 5. Turn the loaf upside down and cook for a further 10-15 minutes or until the bottom sounds very hollow when tapped.

Visit WhatDadCooked.com.

RIOTOUS NIGHT

The Riotous Brothers are back at the Epsom Common Club on Saturday 4th of February. Epsom-based duo John Mannel and John Clachan will be playing classics, favourites and obscurities from the 60's and 70's.

Great music and close harmonies with a large dose of good humour. Try the Riotous pop quiz during the break!

The Riotous Brothers, Epsom Common Club, Stamford Green Road, Epsom KT18 7SX, 8.30 to 11pm, £2 entry fee for non-members. Visit ciu.org.uk/ecwmc/

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REDUCE BARRIERS TO HELP HOUSE BUILDING

A new report published by the Home Builders Federation highlights the challenges faced by SME house builders looking to increase output and sets out a range of proposals to address the finance, planning, and red tape barriers preventing smaller firms from playing a bigger part in tackling the housing crisis.

Over the past 25 years the number of SME builders has reduced by 80 per cent, but just getting back to the number operating in 2007 could produce an additional 25,000 homes a year.

Throughout the 1960s and 70s small companies could set up, grow quickly and establish themselves as significant contributors to local economies. This meant that by 1988 more than 12,000 SMEs were building new homes.

Today, the number of SME builders has dwindled with very few new entrants able to secure a foothold and even many established businesses unable to grow. The report's foreword, written by Redrow founder Steve Morgan explains how he grew his fledgling business into a national publicly listed builder something he says 'would be almost inconceivable today'.

The barriers facing SME builders today are numerous and varied. The report is based on in-depth interviews and discussions with dozens of HBF's smaller members and highlights access to finance, and the increasingly complex planning and regulatory systems as the biggest factors inhibiting the entrepreneurialism of smaller companies.

Even as banks have increased lending to SMEs generally, the report reveals that the situation has improved little since the recovery from the 2008 financial crash; whilst the risky and expensive process required to achieve planning permission has thwarted SMEs without the infrastructure and financial ability to navigate them.

Whilst housing supply has increased significantly in the past three years such that it has now reached the much vaunted 200k homes a year level, the vast majority of this increase has come from the largest builders. With Government keen to see numbers continuing to increase, enabling SMEs to increase output will be key.

The report suggests a number of steps Government could take to help including:

- The creation of a new Help to Build scheme to help extend sustainable lending to smaller companies
- Tackling specific planning problems that disproportionately affect the business environment for SMEs, including the lack of smaller sites and the impact of pre-commencement conditions
- Lift barriers for builders to access tax incentives and other support enjoyed by SMEs in other sectors
- Provide technical and planning advice services for fledgling businesses
- Seize the opportunity of Brexit to reform EU regulation reducing the risk and complexity associated with building new homes

Speaking today, Stewart Baseley executive chairman of the Home Builders Federation said:

"Whilst housing output has increased significantly in recent years, the vast majority of the increases have come from larger companies. The number of smaller builders has collapsed over recent decades with few new entrants to the market able to grow to any size.

"If the government wants to see continued increases in supply it is imperative it enables SME builders to play their part. Removing the barriers for SME builders could result in tens of thousands of desperately needed additional homes being built and boost economies up and down the country."

BARWELL REACTION

Mark Hayward, Managing Director, National Association of Estate Agents (NAEA) has reacted to news that Housing Minister Gavin Barwell MP has given the green light for the construction of thousands of new Starter Homes: "The announcement may feel like a welcome start to the New Year but as always we need to see these plans put into swift action.

"The dream of home ownership is too far out of reach for thousands of aspiring first time buyers (FTBs), and the building of new homes on disused brownfield sites, as well as a 20% discount for buyers aged 23-40 will go some way to bridging this gap.

"News that the government will deliver 14 new 'garden' towns and villages outside of existing settlements will also relieve some of the pressure on supply and demand, which should in turn act as a catalyst to help FTBs fulfil their dreams of homeownership.

"However, we must not throw caution to the wind. The government has pledged to help FTBs but until we see these houses built we won't hold our breath."

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A delightful three bedroom house situated in the heart of Leatherhead and close to the local shops, bars and restaurants. EPC=D

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Banstead — £1,150,000

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Banstead — £579,950

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Epsom Downs **GUIDE PRICE £680,000**

CUL-DE-SAC SETTING NEAR "DRIFT BRIDGE" - Located a pleasant walk away from Epsom Downs, is this very well presented & extended 4 bedroom detached, neo-Georgian style home situated in a select cul-de-sac close to local amenities at the Drift Bridge and offering excellent value for accommodation offered

Epsom **GUIDE PRICE £800,000**

OVER 2,500 SQUARE FEET - A truly remarkable three storey 5 Bed London style town house situated on a private estate offering capacious living accommodation totalling 2,500 sq ft + with the further benefit of a double garage block & beautifully landscaped garden with decked terrace and water feature

Stoneleigh **GUIDE PRICE £750,000**

SUPERB 5 BED HOME WITH WINE CELLAR - A spacious & well extended 5 bed family home boasting a reception hall, two receptions, kitchen/breakfast room, master bedroom with en-suite bath, integral garage with professional wine cellar and beautiful rear garden, situated close to train station & shops

Ewell **GUIDE PRICE £575,000**

DETACHED CHALET STYLE HOUSE - A well loved & beautifully presented 3/2 bedroom, modern built, detached chalet style house with garage, offering spacious & flexible accommodation, set in a select cul-de-sac of similar high calibre homes within easy walking distance of The Hogsmill Nature Reserve.

Cheam Village **OIEO £505,000**

OPEN DAY - SATURDAY 11th FEBRUARY 11am - 1pm - BY APPOINTMENT ONLY - Situated in this highly sought after private courtyard development moments from Nonsuch Park and Cheam Village, is this 2 bed house with additional rear conservatory, pretty rear garden backing playing field & off road parking

Ewell Village **GUIDE PRICE £199,000**

Situated in this highly sought after retirement block complex on the fringes of Ewell Village, is this rarely available one bedroom ground floor flat with door from lounge leading out directly onto a private patio area and lovely communal gardens. NO CHAIN - MUST BE SEEN

EWELL **£1,295 pcm**

A spacious & beautifully presented two bedroom, two bathroom apartment within close proximity of Ewell East station and the amenities of Ewell Village. Benefiting from two allocated parking spaces in a private gated development. Available immediately on an unfurnished basis - viewing is highly recommended.

Epsom **£1,295 pcm**

A spacious and well presented, two double bedroom apartment in a highly sought after and prestigious gated development in Epsom. With views across open green spaces, allocated parking and an en-suite to the master bedroom, viewing is highly recommended. Available mid-March on an unfurnished basis.

Ewell Village **£950 pcm**

FREE REFERENCING An extremely well presented and newly decorated, first floor, one bedroom flat located in the heart of Ewell Village. Ideally situated for both Ewell West and East mainline train stations and within close proximity of all the village amenities. Available immediately on an unfurnished basis.

Ewell **£995 pcm**

A ground floor one bedroom maisonette with a garage-en-bloc, located on the Ewell/Epsom border and convenient for local amenities. The property is situated equidistant to Epsom and Ewell East mainline train stations and is available from mid-February on an unfurnished basis.

Sutton **£825 pcm**

A well presented second floor one bedroom flat situated above commercial premises in a convenient location, within close proximity to local bus routes and amenities. The property features a modern kitchen area and bathroom and is available immediately on an unfurnished basis.

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Ashtead £600,000

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- 1930s Detached
- Extension Potential S.T.P.P.
- Modernisation Potential
- Two/Three Bedrooms
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- Double Length Garage
- E.P.C. Rating D

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- Three Well Proportioned Bedrooms
- Large And Bright Lounge/Dining Room
- Modern Kitchen / Dining Room
- Conservatory
- Two Storey Extension Previously Approved
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- Three Bedrooms
- Large Kitchen Dining Area
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- Good Schooling
- E.P.C. Rating D

Banstead £625,000

- Upgraded Semi Detached House
- Three Double Bedrooms
- Ultra Modern Bathroom
- Stunning Kitchen/Breakfast Room
- Two Separate Reception Rooms
- Study Area/Third Reception Room
- Landscaped Garden
- E.P.C. Rating T.B.C.

Epsom £350,000

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- E.P.C. Rating E

Sutton £1,400,000

- Sought After Road
- Substantial Detached House
- Three Reception Rooms
- Modern Kitchen
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- Ultra Modern Bathroom
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Epsom £769,950

- Cul De Sac Location
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Epsom £800,000

- Offers In Excess Of
- Detached House
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- En-suite To Master Bedroom
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- E.P.C. Rating E

Sutton £700,000

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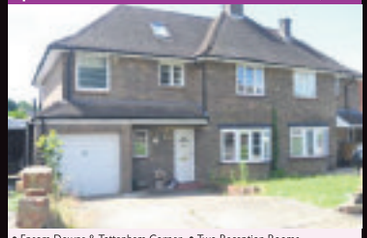
Epsom £599,950



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- E.P.C. Rating T.B.C.

Epsom £900,000

- 1930s Detached
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- Mature Secluded Garden
- Walk To Town And Station
- E.P.C. Rating D

Ashtead £1,450,000

- Ideal Location
- Neo-Georgian Residence
- Five Bedrooms
- Three Bathrooms
- Two Spacious Receptions
- Double Garage
- Stunning Gardens
- E.P.C. Rating D

Ashtead £350,000

- Retirement Bungalow
- Sought After Development
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- Modern Kitchen & Bathroom
- Study & Conservatory
- Garage
- Close To Local Amenities
- E.P.C. Rating B

Epsom £650,000

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- Epc Rating D

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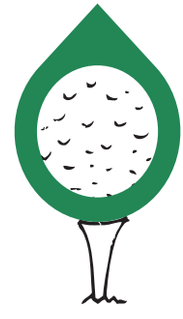
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Announcements - Public Notices

Epsom and Ewell Borough Council
Town and Country Planning Act 1990
Planning (Listed Buildings and Conservation Areas) Act 1990
Town and Country Planning (Development Management Procedure) (England) Order 2015

Notice is hereby given that the following applications have been received:

16/01542/FLH **19 The Green, Ewell, Surrey**
Formation of a new in-and-out driveway

16/01544/REM **Lime Tree House, Epsom Road, Ewell**
Variation of Condition 2 (Plans) of 14/01081/FLH (Demolition of existing two-storey rear extension and erection of new two-storey and single-storey rear extension, modifications to roof and external alterations including new chimney stack on south elevations.) to omit new chimney stack and single storey rear extension together with fenestration and materials changes.

16/01561/CLE **63A High Street, Ewell, Surrey**
Certificate of Lawfulness to confirm use as a residential dwelling

16/01585/FUL **63A High Street, Ewell, Surrey**
Change of use from Office B1 to residential C3

16/01228/LBA **99 West Street, Ewell, Surrey**
Replacement of 5 ground floor windowsn with new wooden double glazed windows

16/01425/CAC **9 The Headway, Ewell, Surrey**
Proposed demolition of existing outbuilding and erection of single storey rear extension.

16/01528/LBA **Longdown House, 51 Longdown Lane North, Ewell**
Proposed single storey rear extension (with side return) to a Grade II_ listed building.

Applications may be viewed online: http://www.epsom-ewell.gov.uk/EEBC/Planning or alternatively by visiting Epsom Town Hall, The Parade, Epsom, Surrey, KT18 5BY during office hours or in local public libraries with internet access. Should you wish to comment please use our website or email supportgrouprequests@epsom-ewell.gov.uk or write to Place Development at the above address. Please make sure that you quote the application reference number. Comments should be sent within 21 days from the date of this notice. All comments will be publicly available for inspection and will be displayed online.

Please note that details of all planning applications received are available on the Council's website.

Head of Place Development
Epsom and Ewell Borough Council

YOPLAIT UK LIMITED MONEY PURCHASE PENSION SCHEME
NOTICE UNDER SECTION 27 TRUSTEE ACT 1925

To Members and others claiming a right to benefits under the Yoplait UK Limited Money Purchase Pension Scheme (the Scheme).

The Scheme commenced winding up on 03 January 2017.

The Trustees believe they have the names of everyone with a right to benefits, but if you are a former employee of Yoplait UK Limited or their spouse or dependant and think that you have an entitlement in the Scheme and have not heard from the Trustee recently, please write with details of your claim, including your full name, address and National Insurance Number to Yoplait UK Limited Money Purchase Pension Scheme, c/o Cartwright Benefit Consultants Limited, Marlborough House, Victoria Road South, Chelmsford, Essex, CM1 1LN.

Commencing two months from the date of this Notice, the Trustees will proceed to distribute the assets of the Scheme to provide benefits for its members, beneficiaries and pensioners, having regard only to the claims and interests of which they have prior notice and it will distribute the assets of the Scheme and will not be liable to pay benefits to you.

If you received an announcement from the Trustees in January 2017, you do not need to contact the Trustee.

CAROLE MAY VIDLER
(Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 39 Colcokes Road Banstead Surrey SM7 2EJ, who died on 18/12/2016, are required to send particulars thereof in writing to the undersigned Solicitors on or before 13/04/2017, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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Representations must be submitted to: Grants and Licensing Team, Epsom and Ewell Borough Council, Town Hall, The Parade, Epsom, Surrey, KT18 5BY

A copy of this application, and the Licence Registers may be inspected at the above address, between the hours of 9.00am and 4.00pm Monday to Friday (excluding Public Holidays).

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Brits' career dreams revealed

A SURVEY has revealed the career dreams Brits had as children.

Research carried out by beabetteryoucourses.co.uk reveals that 72 per cent of Brits dream of fighting crime or saving lives by joining the emergency services.

Meanwhile 69 per cent aspired to become a celebrity superstar by working in the entertainment industry.

Another 64 per cent of adults admitted to having hoped for an office job. Other top ten career aspirations included the armed forces and healthcare.

However, despite having aspired to embark on the career path of their dreams, 59 per cent of Brits are not passionate about the job they currently do. Meanwhile a further one in four have no genuine interest in the current job they do. And just one ten people surveyed said they had ended up in a career that they had dreamt of as children.

Simon Bubb, managing director of the firm, said: "It's surprising to see that so many workers are choosing to remain in a role which they have no genuine passion or interest in."

The research found that many Brits don't make a decision about their career until as late as 30. However 64 per cent of them had decided what path to take between the ages of 18 and 21.

Bubb said: "For those how are looking to make a career change, or who are yet to make a decision about the path they want to follow, our advice would be to take advantage of the support services available to you and do your research."

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ON THE ROAD: HONDA CIVIC

JONATHAN CROUCH takes a look at Honda's tenth generation Civic.

BACKGROUND: Cars like the Honda Civic were always closest to the heart of company founder Soichiro Honda.

Back in the Sixties when the best the motor industry could offer a small family was something like a lumbering Morris Oxford, it was he who pioneered the idea of a compact fuel and space-efficient family car with a hi-tech air-cooled flat-four 1300cc engine. It was thinking that led to the launch of the original Civic in 1972, a model series that over the next forty years would go on to sell over 20 million cars around the world, over 650,000 of them in the UK.

Throughout those decades, there have been so many reasons why people like us have wanted to like this car: its unique styling, its wonderfully slick gearbox, its sporty engines, its clever 'magic seating' practicality and its unique driver-centric dash. But then came the 'if onlys'. If only the ride, refinement, cabin quality and running costs had been better. If only the lifeless power steering hadn't disguised the responsive handling. If only the pricing had been a bit more competitive.

You can't afford 'if onlys' the way the Focus-class segment is at present and Honda knew it had to do better. Apparently it has done with this much improved MK10 model.

DRIVING EXPERIENCE: Top of Honda's 'to do' list in developing this tenth generation Civic was to sort out the petrol side of the engine range. The 1.4 and 1.8-litre i-VTEC units offered with the previous ninth generation model were an embarrassing distance away from the class standard in terms of efficiency but that's all changed now. Instead, with this MK10 model, there's an entry-level three cylinder 1.0-litre VTEC TURBO unit with 129PS and a larger four cylinder 1.5-litre VTEC TURBO powerplant with 182PS. Both have more power and torque than the old engines could offer and come with the choice of either 6-speed manual or CVT automatic transmission.

Despite all this effort, the majority of Civic customers will continue to want a diesel. Unfortunately, it seems there wasn't any time or development budget left to do anything in this regard, so this latest generation model continues on with the previous version's 120PS 1.6 i-DTEC unit which fortunately, continues to be a strong contender in this segment. As for handling, this is claimed to be 'the most agile and dynamically proficient Civic ever'. Support for that claim comes in the form of all-new suspension, a lower centre of gravity and a boost in body rigidity. Ride comfort has been improved too.

DESIGN: There's a sleek and swept-back shape this time around, with larger, wider wheels emphasising a lower-set, sportier stance. And the sharp lines are complemented by the most comprehensive aerodynamic packing in the segment, including complete under-body panelling. More importantly, this MK10 model Civic is bigger than before, in hatchback form 30mm wider and 130mm longer than its predecessor. All of this sits on a more advanced unibody platform that Honda says is 16kg lighter and 52% stiffer than before.

Inside, the previously rather confusing cabin has been completely redesigned with higher quality materials and a simpler, more sophisticated design theme that includes a new digital instrument binnacle. At the top of the centre console, there's a 7-inch Honda Connect 2 colour touchscreen display.

MARKET AND MODEL: To begin with, buyers are being offered only the five-door hatch bodystyle and a choice of two petrol engines, the 1.0-litre 129PS VTEC TURBO and the 1.5-litre 182PS VTEC TURBO. Pricing for the 1.0-litre model starts at just over £18,000 for the entry-level 'S' variant and beyond that, there's a choice of 'SE', 'SR', 'EX' and 'EX with Tech Pack' options.

There's also the £1,400 option of CVT auto transmission. For the 182PS variant, you're looking at around £22,500 as a starting point for the base 'Sport' variant and beyond that, the 1.5-litre line-up progresses through 'Sport Plus' and 'Prestige' derivatves.

All models include the usual equipment features in this class - and Honda is particularly proud of this model's upgraded infotainment capabilities. The latest 'Honda Connect 2' connectivity system allows full smartphone integration via both AppleCarPlay and Android Auto so you can duplicate the functionality of your handset on the centre-dash 7-inch touchsceen display.

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Youngsters swim to wins

SWIMMING: Last Sunday Sutton and Cheam swimmers attended the first day of Surrey County ASA Championships at Surrey Sports Park.

The distances were 1500m for boys and 800m for girls in A group and 400 free and 400IM in B group.

There were 20 swimmers from the club who competeds. The club's winners were: Joseph Bartley (13) won bronze in A group 1500m freestyle (19:53.52); Thomas Suggit (11) won gold in B group 400m freestyle (5:56.57); James Reid (12), *pictured with Thomas*, won gold in B group 400m freestyle (5:28.10); Poppy Phillips (13) won gold in B group 400m freestyle (5:15.39).

On-loan keeper Joe Tupper impressed on Saturday

Double joy for Tupper

FOOTBALL: It was a case of double delight for on-loan Carshalton Athletic goalkeeper Joe Tupper as the Robins earned three valuable points in their continued hunt for promotion, *writes James Barrett*.

Carshalton travelled to rivals Corinthian Casuals on Saturday and broke an almost decade-long hoodoo by winning 2-0 at King George's Field, moving the club up to fourth in the Ryman Division One South in the process.

And Tupper is keen to remain a part of that charge as he also agreed to extend his loan from Reading until the end of the season.

"Casuals are also high up the league so we knew we had to defend well and take our chances when they came. Overall I'd say we put on a professional performance," said the 19-year old shot stopper.

The Robins took a fifth minute lead on Saturday as defender Kalvin Morath-Gibbs rifled home a knocked-down cross from eight yards.

Things got even better just 10 minutes later as Casuals defender Juevan Spencer was dismissed for bundling over Mickel Miller inside the box and Carshalton captain Paris Hamilton-Downes blasted home the spot-kick.

And, aside from a couple of moments during the second-half that forced the young goalkeeper into making good saves, Tupper endured a pretty comfortable afternoon from that moment on.

"Both Carshalton and Reading like to play out from the back so I'm used to it and also continuing to improve. I've been made to feel really welcome at Carshalton so I was delighted to sign on until the end of the season," he said.

Carshalton Athletic will play Horsham at home on Saturday (KO 3pm).

SUTTON UNITED Back to more pressing matters in the league and FA Trophy

Keep your eyes on the prize

Leeds United's Paul McKay (centre) and Sutton United's Maxime Biamou battle during the match

Picture: Nick Potts/PA Wire

REPORTER
WARREN GWILLYM
wgwillym@london.newsquest.co.uk

SUTTON UNITED turn their attention to the last 16 of another competition this weekend when they take on fellow National League side Boreham Wood in the third round of the FA Trophy at Gander Green Lane.

The Trophy tie offers another route to Wembley for the U's who are riding on the crest of a wave following last Sunday's sensational victory over Leeds.

Boreham Wood currently sit in mid table in the National League and will provide a tough task for the U's who will be out for revenge having lost 1-0 in the league at the Hertfordshire club back in November.

It's a crucial couple of weeks for Paul Doswell's men who also face three tricky away games in the National League at Tranmere Rovers, Solihull Moors and Guiseley.

With league action having taken a back seat due to their FA Cup involvement, Doswell will be keen to keep the points tally ticking along before his player lace their boots against Arsenal.

It's a sign of how far the club has come this term that their league match at title hopefuls Tranmere next Tuesday has largely gone unnoticed.

The U's defeated Rovers at Gander Green Lane in front of the BTSport cameras back in September thanks to a goal by Dan Fitchett and will be happy with a point from this outing.

But the matches against Solihull and Guiseley that will have an important bearing on Sutton's standing in the table.

Solihull are in 15th place in the league, a point ahead of the U's who themselves are seven points clear of the drop zone. Guiseley are scrapping for their lives in 22nd place.

Doswell cast his eye over some of his new acquisitions and trialists during a training match against Eastbourne Borough on Wednesday lunchtime.

The game ended 2-2 with Papa Gueye scoring both of Sutton's goals and back-up goalkeeper Wayne Shaw saving an early penalty.

With games coming thick and fast, Doswell will need to use his squad to the full.

The FA Cup clash with Arsenal will take place at Gander Green Lane on Monday, February 20 with kick-off at 7.55pm.

The match will be screened live on BBC1.

Ticket details for the match will be announced shortly. Visit **sutton-united.net** for more information.

OGs skipper Thomas Marriott with a snipe down the blindside

OGs return in fine style

OLD GLYNONIANS 39
WANDSWORTHIANS 5

RUGBY: After more than two months without competitive rugby, OGs ran out comfortable winners over Wandsworthians.

Strong all-round performance from backs and forwards alike saw a brace of tries for both Matt Waterer and Ollie Wiseman and scores for Ben Rollinson, Michael Taylor and Josh Djadali.

Dominant in the lineout and strong at the breakdown, Glynonians were able to put away their game but ultimately over-matched opposition.

Next up for the OG's is the re-arranged home fixture with Mitcham & Carshalton on February 4.

SPORTS*brief*

CROSS-COUNTRY: James Bennett, from Striders of Croydon, had an excellent run to place second out of 397 finishers in the Victoria Park 10k road race on Sunday. He recorded a personal best of 32 minutes 25 seconds, which was seven seconds faster than his previous best which he set on the same course last year. Serena Stracey was the fifth woman to finish, placing 76 overall in 41:55. Striders women's team placed 47th in the South of England Cross-Country Championships at Parliament Hill Fields on Saturday. The men's team placed 59th. Matthew Ostrowski was 166th in the U-17 race, while Lucy Finch was 195 in the U-13 girls' race.

ATHLETICS: The popular MCC Promotions 10K run series comes to Cheam this Sunday, with the annual Nonsuch Park 10k.
Runners of all abilities are welcome to take part and can enter on the day at the historic Nonsuch mansion between 9am and
9.45am for a 10am start.
The route is four laps around the park and a final 70 metres next to the Mansion. For further information call Mark Caswell on 0797 783 1519 or visit **mccpromotions.com** or **eventrac.co.uk**.

BOXING: Britain's Lenny Daws, *pictured*, faces Sweden's Anthony Yigit in an exciting clash for the European Super-Lightweight title.
Morden warrior Daws, a former two-time European Union and British champion, aims for glory when he makes his third attempt to capture the prestigious European crown against the undefeated Yigit.
The fight takes place on Saturday, February 11 at the Westcroft Leisure Centre, Carshalton. For more details visit **hennessysports.com**.

CROSS-COUNTRY: Sutton Runners took on the mixed terrain Vale Gallop 10k course last weekend. Andrew Nippard finished third overall in a time of 39.47. In seventh was Damien Hersey (44.03). The first woman through was Wendy Ballard (01.06.29).

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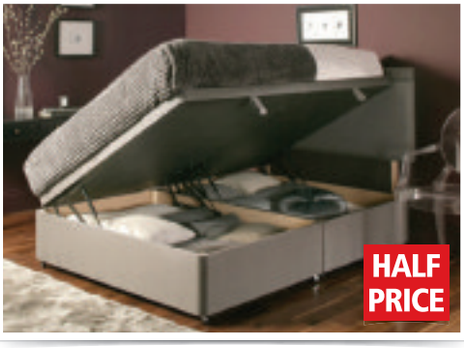

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Upholstered in faux leather with strong gas-lifts to access the storage space the Berlin offers discrete storage functionality which adds both style and practicality to any bedroom.

Double (4'6") WAS £250
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Leatherhead
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Take this short quiz to see-if your mattress is causing you needless pain, suffering and stress:

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- ☐ My back and neck are stiff, sore and/or tight and I have numbness
- ☐ I have trouble concentrating and my work is suffering
- ☐ I feel like I never get enough sleep
- ☐ I'm grumpy and irritable (more than I should be)
- ☐ I sleep better in every other bed but my own
- ☐ My mattress is at least 5 years old or feels lumpy and saggy
- ☐ Whenever my partner moves it wakes me up
- ☐ I have terrible allergies that get worse in the morning
- ☐ I have trouble falling asleep or staying asleep
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